



*Waiting for Spring at Tardif Park,....*

## Laconia Links

*February 13, 2015 - Edition #172*

# Recycling Update

**Two Week Total - January 19, 2015 through January 30, 2015**

Fiscal YTD Recyclables Collected = 932.05		Savings to Taxpayers Fiscal YTD * (@ \$150/ton) = \$139,807.50		Lost Opportunity Dollars Fiscal YTD = \$27,864.00	
Route	Total Tons Collected (MSW + Recycling)	Total Tons Recyclables	Percent Recycled	Tonnage Required to Reach 30% Target	2 Week Lost Savings By Not Reaching Target
Remote Sites		24.18			
Monday	19.46	4.92	25.3%	5.84	\$138.00
Tuesday	32.56	8.56	26.3%	9.77	\$181.50
Wednesday	37.78	8.21	21.7%	11.33	\$468.00
Thursday	34.25	8.01	23.4%	10.27	\$339.00
Friday	30.76	5.94	19.3%	9.23	\$493.50
	Total = 154.81	Route Total = 35.64	Curbside Ave = 23.0%	Total = 46.44	Total = \$1,620.00
<b>*Fiscal Year to Date: 7/1/14 - present</b>			Prior 2 Weeks = 23.4%	<b>Recycling Saves \$\$</b>	

**Welcome to Laconia Links** a weekly email newsletter update devoted to keeping you informed of City of Laconia department news, City projects, useful links, activities and events!

Look for a new edition of the newsletter each Friday. If you have already signed up to be on our distribution list to receive your newsletter by e-mail, thank you for your interest! If you would like to be added to our e-mail list (or to unsubscribe), please click [here](#).

As always, we welcome your ideas and comments as to what you would like to see included in future issues. Just give us a call in the City Manager's office at 527-1270, or contact us by e-mail at [info@city.laconia.nh.us](mailto:info@city.laconia.nh.us)

*We look forward to keeping you up to date on our beautiful City!*



# Reminder!



**The next recycling  
collection week begins  
Monday, February 23rd!**

**LACONIA  
PARKS & RECREATION  
DEPARTMENT**



Check out pages 9 and 10 of the newsletter to see some great activities to keep your kids busy during February vacation!

## **Laconia Public Library** **Upcoming Events.....**

Join us for a fun time with "Snap Circuits" on Friday, February 20th at 4:00 pm in the Selig Storytime Room. For kids 8-12.



**Please note  
that the Library  
will be closed  
on Monday,  
February 16th  
for President's Day.**



## **The Life and Times of Annie Oakley and Calamity Jane: Pioneers of Women's Liberation with Mike McKinley**

The life and times of Phoebe Ann Moses aka Annie Oakley and Martha Jane Canary aka Calamity Jane. Oakley was the sweet, demure, superstar markswoman with Buffalo Bill Cody's Wild West Show, while Jane was the gun-toting, harddrinking, cross-dressing, tobacco-chewing western heroine of the penny dreadful and dime novels genre. Both became symbols of feminine independence, woman's equality and freedom during the male-dominated Victorian Age.

Join us in what will be an entertaining evening with independent scholar, Mike McKinley.

Admission is free. (Snow date will be February 26th @ 6:30 pm)



# Upcoming Meetings...

Keeping the public updated and aware of what's going on in our community and receiving residents' feedback is an important goal of the City Council. Check each week's issue of *Laconia Links* for a schedule of the upcoming week's meetings. As agendas become available, they

You can also contact any of the City's departments for more information on a meeting or to obtain a printed copy of the agenda. Meetings are open to the public. You are invited and encouraged to attend and provide input.

Follow this [link](#) to the "Calendar" page of the City of Laconia's website. Click on a specific meeting for more information.

Please check the "Calendar" page often for updated info and changes.

### **Police Commission**

February 19, 2015, 3:00 pm  
Laconia Police Department  
Community Room

### **Parks & Rec Commission**

February 17, 2015, 7:00 pm  
Community Center

### **Technical Review Comm. II**

February 18, 2015, 10:00 am  
City Hall, Room 200A

### **Conservation Commission**

February 18, 2015, 6:00 pm  
City Hall, Room 200B

[Agenda](#)

### **Board of Assessors**

February 19, 2015, 5:30 pm  
City Hall, Room 200B

***Become involved in your City  
and make a difference!***

**Meeting  
in  
Progress**



# LACONIA SCHOOL DISTRICT

*Ensuring success with every student, every day, in every way*



[Laconia High School Website](#)



[Huot Career Tech Center Website](#)



[Laconia Middle School Website](#)



[Elm Street School Website](#)




[Pleasant Street School Website](#)



[Woodland Heights School Website](#)

## WEEK AT A GLANCE IN LACONIA

2/16	2/17	2/18	2/19	2/20
	<b>Laconia School Board Meeting @ 7:00 pm @ SAU Office</b>		<b>Family Write Night @ Elm Street School 5:45 -6:45</b>	<b>School Vacation next week - 2/23—2/27</b> 

## ELEMENTARY FAMILY FUN EVENTS SCHEDULED

The next elementary Family Fun Night will be held at Elm Street School on **Thursday, February 19th from 5:45 to 6:45** where the focus will be on writing.

Also, this year the elementary physical education teachers have joined together and will be promoting a Family Fun Fitness night.

The tentative date for this event is **March 19th**. More information will become available soon.

Please reserve these nights on your calendar and be prepared to participate in some fun, new, energizing and educational activities with your children.



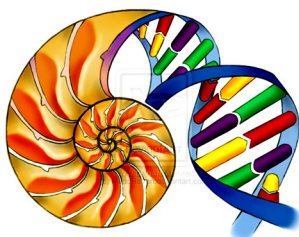
## LMS JAG GROUP ENJOYING THE WINTER!

Ten LMS JAG students participated in snow shoeing at Prescott Farm in Laconia on 2/3/15. They enjoyed the fresh powdery snow and saw lots of animal tracks!

## HUOT CAREER AND TECHNICAL CENTER SIGNS CREDIT AGREEMENT WITH PLYMOUTH STATE UNIVERSITY

Students at the J. Oliva Huot Career and Technical Center will have more opportunities to demonstrate their college readiness in the coming year.

Topping the list of expanded partnerships is a five-credit articulation agreement with Plymouth State University. Through this arrangement, students completing the Huot Center's Bio-Medical Technology program will have the opportunity to earn four credits in biology at PSU and one credit for a lab safety course. Huot Center administration sees this agreement as the first step in an expanded relationship with the University. Click [here](#) to read more.



## 2015-2016 KINDERGARTEN REGISTRATION IS RIGHT AROUND THE CORNER!

If you have a child 5 years of age by September 30, 2015 it will soon be time to register them for Kindergarten in one of our Laconia elementary schools.

Registration Packets will be available **Wednesday, April 1, 2015 through Thursday, April 30, 2015** between 8:00 AM and 4:00 PM. A copy of your Child's Birth Certificate, Immunization Records and most recent Physical Examination is required for Registration. Parents are asked to call their neighborhood school to register and obtain a packet. Packets can be picked up or mailed. Please call or email the schools with any questions or for further information regarding the registration.

**Pleasant St. School 524-2168**  
**Elm St. School 524-4113**  
**Woodland Hts. School 524-8733**



Follow us on  
  
**twitter**

Follow Laconia School District on [Twitter](#)



# Laconia Police Department

Link to Fire  
Dept.'s  
Website [here](#)



*Pictured above (left to right) Lt. Al Graton and Detective Tony Horan sporting facial hair in support of NH Special Olympics 2015 Winni Dip.*

## Law Enforcement Plan a Dip in Lake Winnepesaukee for Special Olympics

On the shores of Lake Winnepesaukee, members of New Hampshire's law enforcement community will be jumping or "dipping" into the state's largest lake, all for a good cause. The 7<sup>th</sup> Annual Winni Dip is a fundraising event of the Law Enforcement Torch Run to support Special Olympics New Hampshire. Each dipper will raise a minimum of \$250 to participate.

This year's event will take place on **Sat., March 14<sup>th</sup>, 12 noon, at the Margate Resort in Laconia** and is open to anyone wishing to raise money in support of SONH. Police Departments from throughout the state will participate in the Disney themed 2015 Winni Dip, including your very own "Team LPD", who will "Grin and Brr it" for Special Olympics.

Please come and support the Laconia Police Department as they take the plunge for Special Olympics New Hampshire. If you would like to sponsor one of the team members, please contact Chief Adams at [cadams@laconiapd.org](mailto:cadams@laconiapd.org) or 603-524-5257 ext. 324, or online at [www.firstgiving.com/team/250234](http://www.firstgiving.com/team/250234).

## Assessing

[Click for](#)  
Assessing  
Department

The abatement filing period is now open until March 1st. This is the process by which taxpayers can dispute their final 2014 value.

Applications for abatement are available in our office or can be mailed upon request, by calling 527-1268.

We always recommend owners get a copy of their PRC (property record card) to verify its accuracy and to be able to compare on a year-to-year basis to monitor what changes have occurred.



All abatements will be answered this year by our deadline of July 1, 2015.



## Laconia Kiwanis®

# MARCH MADNESS RAFFLE



## 55" LG LED HD Smart TV

### Tickets \$10.00 Available at Greenlaw's Music

Prize drawing on March 16, 2015 by Mayor Ed Engler  
at Laconia City Hall, Laconia, NH



## *News* From the Laconia Water Department

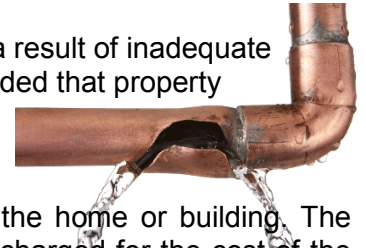
Please click [here](#) for the Water Dept. website!



### Prevention Is Better Than Reaction!

If the temperature inside a house gets below 32 degree Fahrenheit (0 degree Celsius) it's likely that the water supply pipes and the drain traps will freeze. When water freezes it expands 9 percent, and if there is no room for expansion it's possible that the pipe will develop a crack and eventually leak once the ice thaws out. Fixing a burst pipe can be expensive, but the damage from uncontrolled water leakage can easily reach into the thousands of dollars.

The majority of the calls received for frozen water pipes and water meters are a result of inadequate heating and cold air drafts where piping is located in the home. It is recommended that property owners check their property for these conditions and identify the location of their water meter and shutoff valve before an emergency.




The property owner is ultimately responsible for repairs to the piping within the home or building. The Water Department will replace frozen or damaged meters. Customers will be charged for the cost of the replacement of the meter and service calls, as applicable.

If for any reason you cannot stop the flow of water from a frozen or broken pipe, call the Water Department's 24-hour emergency number at 524-0907.

**Living Healthy With Asthma**

LRGHealthcare  
care. compassion. community.

 **Asthma  
EDUCATION CLASSES**

Join us for a **FREE** asthma education class taught by a  
CERTIFIED ASTHMA EDUCATOR

CHOOSE FROM A VARIETY OF DATES

FOR KIDS (UNDER 13) AND THEIR PARENTS	FOR ADULTS & TEENS (13 & OLDER)
Feb. 3, 4:30 - 6:30 p.m. Laconia Clinic	Apr. 28, 6:00 - 7:30 p.m. LRGH
Feb. 25, 12:00 - 1:30 p.m. Laconia Clinic	May 26, 6:00 - 7:30 p.m. LRGH
Mar. 12, 4:30 - 6:00 p.m. Laconia Clinic	Jun. 30, 6:00 - 7:30 p.m. LRGH
Mar. 25, 12:00 - 1:30 p.m. Laconia Clinic	
Apr. 7, 4:30 - 6:00 p.m. Laconia Clinic	
Apr. 15, 12:00 - 1:30 p.m. Laconia Clinic	
Apr. 21, 6:00 - 7:30 p.m. LRGH	
May 12, 6:00 - 7:30 p.m. LRGH	
Jun. 16, 6:00-7:30 p.m., LRGH	


Topics of discussion will include:

- Common asthma triggers
- Understanding the difference between control medications and rescue quick relief medications to use during an attack
- When to call your healthcare provider

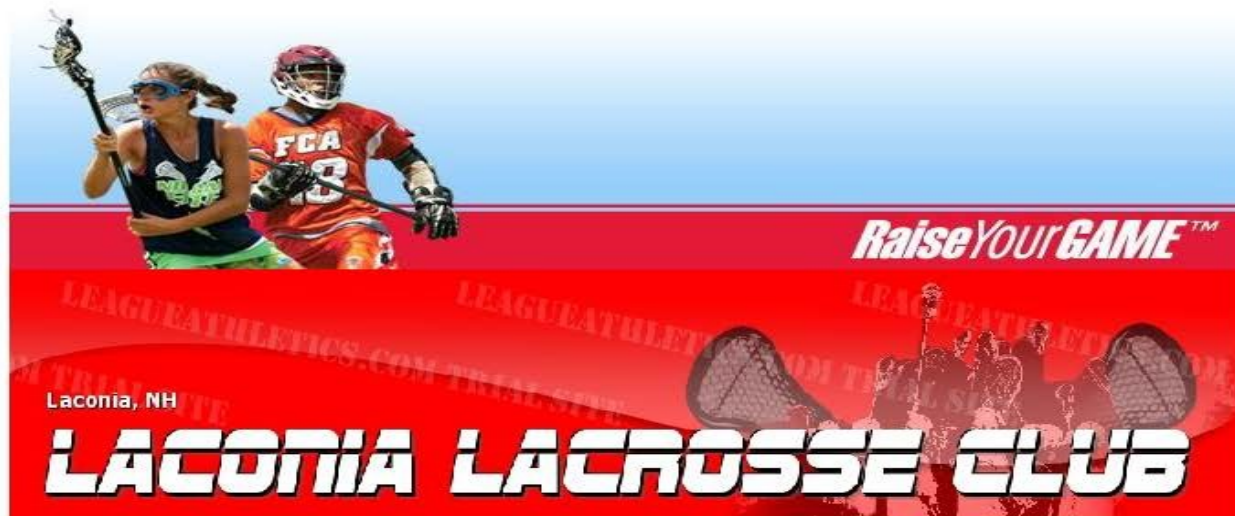
\*No referrals needed from your healthcare provider to attend\*

Call **603-527-7120** to register

**City Hall  
will be closed  
all day on  
Monday,  
February 16th  
in observance of  
President's Day.**



**We apologize for any  
inconvenience.**



### Registration for 2015

Online registration is [now activated](#), and Laconia Lacrosse Club will also have representatives at several upcoming community events (below) where you can meet us and ask questions about lacrosse, the game, equipment, the season etc.

*Coupons good any time for [Dick's Sporting Goods](#) are available [here](#).*

Special offers are also available on **Lacrosse Appreciation Days** at Dick's February 21st, and 22nd.



We are looking for help in the following areas:

- **Coaching:** any age level. No experience necessary.
- **Volunteers:** team parents, help handling clothing orders, and possible concession sales at games.
- **Sponsors:** to keep the cost as affordable as possible for our players, sponsors help us with that goal.

If you have any interest in supporting LLC in any of these areas contact [Rod Roy](#) via email or at 524-8402.

### LAYBL Tourney

Valentine's Day Weekend

At the Community Center and LMS (only)

### Skills Clinics, Sunday evenings beginning January 4th

Girls: U9-U15, 6:30-8:00 LMS Gym

Boys: U9-U11, LHS Gym 5:00-6:00 (No boys' clinic Superbowl Weekend)

U13-U15, LHS Gym 6:00-7:00



## *How to Ensure Your Funeral is Done Your Way*

The average American funeral today can cost more than \$10,000, and a cemetery burial adds even more. Instead of burdening loved ones to make uninformed financial decisions while under duress, take the time now to plan ahead to help your family know exactly what your wishes are.

Lee Webster, director of New Hampshire Funeral Resources, Education and Advocacy, will present a free program Wednesday, Feb. 25 at 10 a.m. in Taylor Community's Woodside Building, covering the following topics, among others:

- Planning for your last wishes to be carried out
- Your family's legal rights and responsibilities
- Making a funeral meaningful without breaking the bank
- Getting only the services you need and want from the funeral director
- Integrating home funeral care with religious or spiritual beliefs
- Home funeral and green burial options



Webster is also president of the National Home Funeral Alliance and sits on the board of the Green Burial Council. She is a home funeral guide, conservationist, writer and speaker from the Lakes Region.

To RSVP for the event, please call 524-5600.



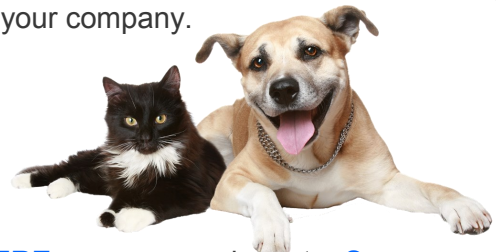
## **Sponsor a Cage or Kennel at the NH Humane Society!**

Express an ongoing commitment to the animals at NH Humane Society by sponsoring a dog kennel or cat cage. The [Sponsor a Cage Program](#) helps to provide not only a safe place for animals to live while waiting for their forever home but also food, medical treatment and any other supplies he or she might need.

With successful processing of your gift, a sign will be specially created for display publicly at the shelter on a designated cage or kennel of a shelter pet. Your sign will be displayed for the duration of your gift support, at which time you will be invited to continue your support. You will also receive quarterly updates of the animals you've helped with your sponsorship gift.

Cage sponsorship is a great way to show your support for the NHHS animals. Consider sponsoring a cage as a gift for someone, in memory of a loved one or for your company.

<b>Cat Cage Sponsorship:</b>	<b>Dog Kennel Sponsorship:</b>
\$35 per month	\$50 per month
\$350 per year	\$500 per year



You can sign up for cage or kennel sponsorship [ONLINE HERE](#) or you can print out a [Sponsor a Cage Form](#) and mail it in to NH Humane Society, PO Box 572, Laconia, NH 03247. Thank you for your support!

# GOT LUNCH! LACONIA

## *Thank You NH1 Children's Auction!*

Laconia (GLL) would like to express our sincere gratitude to the NH1 Children's Auction for granting us our biggest award ever of \$30,000 to help deliver healthy groceries to the children of Laconia for the entire 11 weeks of 2015 summer school vacation.

From our very first year, 2011, the Children's Auction has been there for us with financial support. Without their assistance that first year to get us off the ground, we can't be sure we would have made it. Since we began, we have also helped 13 other programs get started in towns throughout New Hampshire. It's amazing the number of communities coming together to address child hunger in New Hampshire – and it started because the NH1 Children's Auction had the foresight to support this worthy cause.

Our program has grown from serving 273 children with 72 volunteers that first year, to serving 612 children with 233 volunteers in 2014.

The \$30,000 grant award will feed close to 275 children all summer – Thank you NH1 Children's Auction for all your support.

*GOT LUNCH! Laconia  
Advisory Board*



A Medication Collection and Disposal Box is located in the lobby of the Laconia Police Department for your convenience in disposing of old or unused prescription drugs in a safe manner. Open 24 hrs/day, 7 days/wk. The collection box is accessible 24 hrs a day, 7 days a week!





# FEBRUARY VACATION EVENTS CALENDAR

**MONDAY, 2/23**

Middle School Age Basketball 1:00 - 4:15pm  
Sledding Party from 2:00 - 4:00pm (South Street)



**TUESDAY, 2/24**

Middle School Age Basketball 1:00 - 4:15pm  
Arts n Crafts 1:00 - 4:15pm



**WEDNESDAY, 2/25**

Elementary Open Gym 1:00 - 4:15pm



**THURSDAY, 2/26**

High School/College Basketball Time 1:00 - 4:15pm  
Cardboard Sled Racing at 2:00(must register)  
Snow building time 2:00 - 4:00 (instruction offered)  
Both at the Laconia Sledding Hill

**FRIDAY, 2/27**

High School/College Basketball Time 1:00 - 4:15pm  
Ice Skating Party from 2:00 - 4:00pm (Memorial Park)



Elementary Times  
Middle School Times  
High School Times  
All Ages

Call LP&R for more information at 524-5046

## 2nd Annual CARDBOARD SLED RACING

Make your own cardboard sled and race against others of roughly your own age. There will be points for creativity and speed. Come try your hand and see how fast you can be. Prizes will be awarded.

Thursday, February 26th at 2:00pm at the Laconia Sledding Hill located at the end of South Street off Academy Street. This is a free event, but registration is necessary by Tuesday, February 24th at 4:30pm.

Age groups will be...

10 and under                      or                      11 - 15

Again prizes will be awarded for creativity and speed.

Call to register at 524-5046 or email at [parks@city.laconia.nh.us](mailto:parks@city.laconia.nh.us)



## SNOW BUILDING TIME

Come to the Laconia Sledding Hill and try your hand at building in the snow! An instructor will be there to demonstrate and help. Some will make snowmen and others will make castles!! This event is during the Cardboard Sled Race 2/26 so come do both!

This is for any age and ability. It is free to participate and there will be a bonfire, cookies, and hot cocoa.

The times for this event are from 2:00 - 4:00pm. Come by and see what you can do! No registration needed. Dress appropriately,



## *Healthy Aging Strategies Scheduled for February 18 at Taylor Community*



Dr. Raymond Trottier, a private practice chiropractor for 48 years, will present a program at Taylor Community entitled "Healthy Aging Strategies: A Chiropractic Perspective for Living a Healthier Lifestyle." The program is scheduled for Wednesday, Feb. 18 at 11 a.m. at Taylor's Woodside Building. The event is free and open to the public. Please call 524-5600 to reserve a seat.

A native of Fitchburg, Mass., Doctor Trottier is a graduate of Palmer College of Chiropractic, Davenport, IA. The doctor is certified in Impairment Rating, is a Chiropractic Industrial Consultant and is certified in First Line Therapy and Nutritional Counseling. As an avid golfer, Doctor Trottier's Back to Basics Golf Academy helps many golfers reduce injuries.

He is past president of the Massachusetts Chiropractic Society and was a consultant and lecturer to the Central Massachusetts Safety Council on low back injuries in the workplace. Dr. Trottier has studied postgraduate courses in Bio-gravitational Adaptation at the Canadian Memorial Chiropractic College in Toronto; Physiological Therapeutics at the National College of Chiropractic in

Chicago; and Physiology of Human Motion and Biofeedback Techniques at the University of Massachusetts.

## **City Manager Updates**



Contact the City Mgr's office at  
527-1270, or [in-fo@city.laconia.nh.us](mailto:info@city.laconia.nh.us)

The following updates have now been posted to the City's website to keep you up-to-date and informed on what's happening in your City!

First is the current version of the [Monthly Economic Development Report](#). This report contains info pertaining to Laconia's unemployment rate and wages, as well as business and economic development partnerships.

Also, take a look at the updated [Financial & Operational Trends](#) report. In this document you'll find financial information for the current year compared to prior years in several departments, such as fire and rescue call data, revenue from motor vehicle registrations and property taxes, winter storm costs, police incidents, overtime costs and much more!

*We hope you find these reports  
helpful and informative!*

## **Public Works Department**

### **PLEASE HELP SAVE THE SEWER SYSTEM**

All Laconia households play a vital role in preventing neighborhood sewer system blockages. Please do your part to protect and maintain the City's significant investment in the sanitary sewer collection system. Click [here](#) to find out what is not allowed to be disposed of in the toilet or down the drain, and the proper way to dispose of such items. Questions? Please call Matt Mooney, DPW, at 528-6379, Extension 303.

*Your assistance is greatly appreciated!*





Hello Friends of LRCS Family Resource Center,

We are in the midst of the February *Bank of NH Gives Back* Facebook promotion to support organizations and volunteers that build community in New Hampshire. The **LRCS Family Resource Center** was nominated by Bank customers to be one of three featured organizations for the BNH Facebook February promotion.

The Family Resource Center and two other nonprofits will receive votes on the Bank of NH Facebook page all month long. The organization that receives the most votes will be awarded \$1,000!

The race is close! Please help - VOTE and SHARE with your Facebook friends by clicking the link below. **You can help the Family Resource Center win a \$1000 grant to help children and families in the Lakes Region!** After logging into Facebook you can vote, then share with friends and ask them to vote too! You can also follow the contest as the results are updated with each vote.  
**Remember February is a short month. (Thankfully) Let's do this!**

LINK to BNH Facebook Poll: <https://apps.facebook.com/my-polls/february2015>

Thanks for your support!



## PLASTIC BAGS ARE NOT PART OF OUR RECYCLING PROGRAM!!!

### City of Laconia Recycling Program Alert

We have been experiencing a growing problem of plastic bags being placed in containers at all City remote recycling sites. We have also experienced an increase in the number of bags of trash being placed in recycling containers.

**DO NOT** PLACE BAGGED TRASH IN CONTAINERS DESIGNATED FOR RECYCLING.

**DO NOT** PLACE BAGS OF RECYCLING MATERIALS IN CONTAINERS DESIGNATED FOR RECYCLING. IF YOU TRANSPORT YOUR RECYCLABLES TO THE REMOTE DROP-OFF SITE IN PLASTIC BAGS, YOU MUST EMPTY THE BAGS AND TAKE THEM HOME WITH YOU/DISPOSE OF THEM IN THE TRASH.

Plastic bags are generally found to be a #4 plastic recycling material, and, in some places, they can be recycled. Because Laconia has single-stream recycling and all materials are sorted mechanically, plastic bags of ANY KIND present a sorting problem. **NOTE:** Most local grocery stores have collection containers for plastic bags at their entranceways. Look for them and use them.

Trash/garbage in recycling containers constitutes CONTAMINATION and may result in the entire container being rejected – therefore, instead of saving money by recycling, contamination costs money when loads have to be hauled away to a disposal site.

Please make a conscious effort to keep recycling clean and free of any trash – please do NOT put plastic bags of any kind in remote recycling drop off containers.

If you have questions, please call Ann at 528-6379, ext. 300.



**President's Day  
Monday,  
February 16th**

## **NOTICE TO RESIDENTS ON CURBIDE COLLECTION ROUTES**

**There will be NO DELAY in curbside  
collection of trash on Monday,  
February 16<sup>th</sup> – President's Day**

**Monday collections (and the re-  
mainder of the week) will all be on  
their normal schedules.**

**Any questions, please call Ann at  
the Department of Public Works,  
528-6379.**

## HOW TO ENJOY THE WINTER IN NEW HAMPSHIRE.....

Get outdoors this weekend with a pair of binoculars and help scientists identify bird patterns.

Scientists can't be everywhere; that's why they need our help. The [Great Backyard Bird Count](#) is this Friday-Monday, February 13-16, and participation is fun, free and easy for all ages. You'll be part of a global effort that will help scientists understand migration patterns, year-to-year changes and long-term trends of bird populations everywhere. Just 15 minutes of counting, in your backyard, at a park, by your kids' school—anywhere—is enough. Then submit your observations online or on the [BirdLog GBBC mobile app](#). You can [get the kids started](#) with games, a bird song identifier and other fun stuff to pique their interest.

Want more bird facts? Head over to the [National Zoo](#) bird site. Then [register](#) for this weekend's count and get outside and counting!



### Check out what our Laconia Schools are doing around healthy choices: **Taste Test Tuesday - Pumpkin Dip**

Once a month for Taste Test Tuesday at Pleasant St. School we try to offer the students a healthy food that is tasty, and something they might not have tried on their own. The goal is to increase their consumption of healthy, good tasting food. This month we offered a healthy pumpkin dip. It was enjoyed by most students with many asking for the recipe.

#### **Pumpkin Dip**

- 1 cup low-fat vanilla yogurt
- 3 tablespoons canned pumpkin
- 1 tablespoon orange juice concentrate
- ½ tsp. of pumpkin pie spice

Dip in with graham crackers and enjoy!

**The FINAL Results were: 212 (Yes, I like it) to 25 (No, I don't like it)**

Friendship Pocket				
<b>1 Pick a Protein Food</b>  Fold a slice of turkey or ham. Put it in the pita pocket.	<b>2 Veggie Time</b>  Tear lettuce or spinach.	<b>3 Greens Are Good</b>  Add greens to pita.	<b>4 Choose a Cheese</b>  Put cheese inside pita.	<b>5 Fruit Is Fun</b>  Eat apples or grapes with your pita pocket. Enjoy your MyPlate meal with friends.
<b>Grain</b> whole-wheat pita bread 	<b>Protein Food</b> turkey or ham 	<b>Vegetable</b> lettuce or spinach 	<b>Dairy</b> low-fat yellow or white cheese 	<b>Fruit</b> apple slices or grapes 

Fruit-a-licious Breakfast Cup				
<b>1 Start With Yogurt</b>  Spoon yogurt into your cup.	<b>2 Add Some Crunch</b>  Spoon cereal on top of the yogurt.	<b>3 Pick Fruit</b>  Add some fruit on top of the cereal.	<b>4 Make a Pattern</b>  Add more yogurt, then cereal, then fruit.	<b>5 Enjoy</b> 
<b>Ingredients</b> low-fat yogurt 	<b>Choose fruits</b> raisins 	peaches 	blueberries 	banana 



**Tammy Levesque**

Laconia SAU Health & Wellness Academic Coordinator

Lakes Region Partnership for Public Health, Inc.

603-528-2145 X 1806

603-630-2038 Cell

[tlevsque@lrpph.org](mailto:tlevsque@lrpph.org)

[www.laconiahealthandwellness.org](http://www.laconiahealthandwellness.org)

[www.lrpph.org](http://www.lrpph.org)



You are invited to a community dinner...

## From Many – One Community: Welcoming ALL to the Table

Please join us for a community dinner in remembrance of the work of Martin Luther King Jr. and in celebration of our inclusive and welcoming community.

Wednesday, February 18, 2015

5:30 – 8:00PM

Laconia Middle School

Sponsored by: Lakes Region Immigrant Integration  
Initiative

Better Together

Laconia Human Relations Committee

Lakes Region Partnership for Public Health

*A main dish will be provided and we ask each participant to bring a dish to share that reflects your family's heritage.*

*For more information, please contact Susan Laverack*

*528-2145 or [slaverack@lrpph.org](mailto:slaverack@lrpph.org)*





Don't forget !  
ServiceLink  
Resource Center  
(1-866-634-9412 or  
528-6945)....it's the first  
number to call for  
senior services.

Healthy eating becomes even more important as we age. Eating well helps keep your body strong, your mind sharp and your energy level up. Be sure to include these five types of foods on your shopping list!

1. Colorful fruits and vegetables
1. Dairy
2. Whole grains
3. Lean protein
4. Fish with Omega-3s



**Stay healthy & strong!**

*Laconia Senior Center is located at 17  
Church Street in Laconia.  
Questions? Call 524-7689*

*We hope you have enjoyed this  
Edition of **Laconia Links***

*We welcome your input, comments  
and suggestions!*

Feel free to contact us at the  
City Manager's office, 527-1270,  
or by e-mail at [info@city.laconia.nh.us](mailto:info@city.laconia.nh.us)

*Have a great weekend!*



Scott Myers, City Manager  
City's Website: [www.city.laconia.nh.us](http://www.city.laconia.nh.us)



## CITY OF LACONIA PHONE DIRECTORY

Assessing .....	527-1268
Assessor - Jon Duhamel	
City Clerk.....	527-1265
City Clerk - Mary Reynolds	
City Manager .....	527-1270
City Manager - Scott Myers	
Code Enforcement.....	527-1293
Planning & Zoning Dir. - Shanna Saunders	
Finance .....	524-3877
Finance Director - Donna Woodaman	
Licensing .....	528-6331
Licensing Clerk - Hilary Young	
Planning & Comm. Dev. ....	527-1264
Planning & Zoning Dir. - Shanna Saunders	
Tax .....	527-1269
Tax Collector - Lindsey Allen	
Welfare.....	527-1267
Welfare Specialist - Suzi McCormack	
Welfare Director - Donna Woodaman	
Fire Dept. (Central Station) .....	524-6881
Fire Dept. (Weirs Station) .....	366-2229
Fire Chief - Ken Erickson	
Library .....	524-4775
Library Director - Randy Brough	
Parks & Recreation.....	524-5046
Parks & Rec. Director - Kevin Dunleavy	
Personnel .....	524-3877
Personnel Administrator - Paula Baumel	
Police (Administration) .....	524-5257
Police (Crime Line) .....	524-1717
Police Chief - Christopher Adams	
Public Works (Main Office) .....	528-6379
Public Works (Transfer Station) .....	528-5822
Public Works Director - Paul Moynihan	
Water.....	524-0901
Superintendent - Seth Nuttelman	

### **City Council Contact Info:**

Mayor Edward Engler .....	630-4484
Ava Doyle (Ward 1) .....	393-6533
David Bownes (Ward 2).....	524-4330
Henry Lipman (Ward 3) .....	528-0191
Brenda Baer (Ward 4) .....	524-6349
Robert Hamel (Ward 5) .....	524-6360
Armand Bolduc (Ward 6) .....	524-2514
E-mail: <a href="mailto:citycouncil@city.laconia.nh.us">citycouncil@city.laconia.nh.us</a>	

Visit the City's website at:  
[www.city.laconia.nh.us](http://www.city.laconia.nh.us)